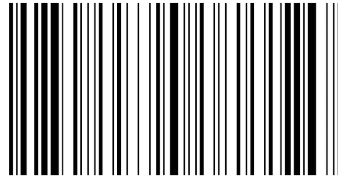


Copypanda Express Home Cookbook



GENERIC CHINESE-AMERICAN TAKEOUT RECIPES



Recreating your favorite Chinese takeout recipes as close as possible to the real thing
using home ingredients - straight from a store cook.

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It is recommended that you prepare vegetables and other ingredients 2-3 days ahead of time when you do not have a lot to do! It is a lot of preparation to do while cooking!

A stove wok and a deep fryer are highly recommended for these recipes. If you do not have these, a normal skillet and a pot of hot oil will work, but your cooking times will be longer as they cannot hold temperature as well.

Recipe Building Blocks

Ingredients you will need for most recipes covered in this book. Whisk thoroughly. Prepped ingredients are made in small batches - save leftovers for future use! All recipes are sized to feed a family of 4 based on in-store serving sizes.

Chili Flakes in Oil

1/4 cup red crushed chili flakes
1/8 cup water
1/8 cup hot vegetable oil (275°F)

Basic Sauce

1/4 cup water (make slurry w/ 1/8 tsp
xanthan gum)
1/4 cup soy sauce
1/4 cup sugar
1/4 cup dark corn syrup
1 tbsp salt
1/2 tbsp sea salt
1 tsp MSG (branded as Accent)
1 tsp ground ginger
1/2 tsp garlic powder
1/2 tsp paprika
1/4 tsp onion powder
1/4 tsp white pepper

#4 Sauce

3/4 cup water
1 tsp Veggie Soup Base
1/4 tsp salt
1 tbsp cornstarch

Ginger Garlic in Oil

1 tbsp minced garlic
2 tsp ground ginger
1 tsp vegetable oil
1 tsp water

#1 Sauce

1/2 cup Basic Sauce
3/4 cup water
2 tbsp cornstarch

Stir Fry Sauce

1/4 cup water
1/4 cup sugar
1 tbsp sea salt
1/2 tsp salt
1 tbsp soy sauce
1/2 tbsp cornstarch
1 tbsp brown sugar
1 tsp all-purpose flour
1/2 tsp MSG (branded as Accent)
1/4 tsp garlic powder
1/4 tsp onion powder

#2 Sauce

1 tbsp cornstarch
1/2 cup vinegar
1/2 cup sugar
1/8 cup water
1/8 cup Basic Sauce
1/4 tsp orange extract

#5 Sauce

1/2 cup water
3 tbsp Basic Sauce
3 tbsp Stir Fry Sauce
2 tbsp cornstarch

Veggie Soup Base

1/2 tsp salt
3/4 tsp cornstarch
3/4 tsp sugar
1/2 tsp onion powder
1/2 tsp MSG (branded as Accent)
1/8 tsp celery salt

Beijing Beef

Ingredients:

1 pound flank steak
3 eggs (egg whites only)
1 tbsp soy sauce
Approx. ¼ cup cornstarch
¼ tsp salt
3 oz yellow onion, diced into ½-inch pieces
3 oz red bell pepper, diced into ¾-inch pieces
1 ½ tsp Ginger Garlic in Oil
1 ½ tsp Chili Flakes in Oil
Vegetable oil for frying

Sweet & Sour Sauce:

½ cup water
2 tbsp tomato paste
¾ cup sugar
¾ cup vinegar
2 tsp cornstarch
½ tsp salt
¼ tsp xanthan gum
3-6 drops yellow food coloring
3-6 drops red food coloring

Or alternatively:

1 cup Panda Express Beijing Sauce Sweet & Tangy
(found at Walmart)

Instructions:

1. Cut the flank steak against the grain into thin ¼ inch slices.
2. In a medium sized bowl add the beef, 3 egg whites, ¼ tsp salt, 1 tbsp soy sauce, and 1 teaspoon cornstarch and let marinate for 30 minutes to an hour.
3. Drain beef of excess marinade, then in a medium sized bowl, coat with enough cornstarch to cover the beef.
4. Fry in 350° oil for 3 minutes or until the internal temperature of the beef reaches at least 165°.
5. Let beef cool down to about room temperature, then freeze in a freezer-safe container overnight.
Note: this adds more crunch.
6. If creating Sweet & Sour Sauce, whisk together ½ cup water, 2 tbsp tomato paste, ¾ cup sugar, ¾ cup vinegar, 2 tsp cornstarch, ½ tsp salt, ¼ tsp xanthan gum, and 3-6 drops of yellow and red food colorings.
7. Refry frozen beef in 350° oil for 5 minutes or until internal temperature is around 180°.
8. Throw in 3 oz of diced yellow onion and 3 oz of cut red bell pepper in with the beef and fry for 5 seconds.
9. In a wok or pan over moderately high heat, heat 1 tbsp of vegetable oil and cook 1 ½ tsp Ginger Garlic in Oil and 1 ½ tsp Chili Flakes in Oil until fragrant (a few seconds).
10. Add 1 cup Panda Express Beijing Sauce Sweet & Tangy and once it is boiling, toss the beef and vegetable mixture in the sauce until completely coated. If using the Sweet & Sour Sauce recipe, do not heat the sauce to boiling or it will alter the flavor.

Black Pepper Chicken

Ingredients:

1 pound boneless skinless chicken thighs, diced into ½-inch pieces
1/4 cup water
1/2 teaspoon salt
1/4 tsp white pepper
1/4 cup cornstarch
Vegetable oil for frying
5 oz yellow onion, diced into ½-inch pieces
5 oz celery, sliced at an angle
1 ½ tsp Ginger Garlic in Oil
1 ½ tsp restaurant-style black pepper (coarse ground)
1 ½ tsp Shao Xing (or Sherry) cooking wine
¾ cup #1 Sauce
1 ½ tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & ½ tsp sesame oil)

Instructions:

1. Place diced chicken in a large sealable bag or freezer-safe container and mix in 1/4 cup water, 1/2 teaspoon salt, 1/4 tsp white pepper, 1/4 cup cornstarch, and 2 tablespoons vegetable oil. Let marinade in refrigerator for at least 30 minutes, or freeze.
2. Fill wok or pan with enough vegetable oil for the chicken to be swimming in (amount varies based on wok size) and heat oil to 275° over moderately high heat.
3. Cook 12 oz of the marinated chicken in the oil for 1 minute or until internal temperature reaches 165°, then remove chicken to a plate or colander.
4. Drain oil from wok, leaving 2 tbsp, then cook 1 ½ tsp Ginger Garlic in Oil and 1 ½ tsp restaurant-style/course ground black pepper until fragrant (a few seconds).
5. Add in 5 oz diced yellow onion and 5 oz sliced celery, cook and stir until just tender.
6. Add chicken back into the wok and add 1 ½ tsp Shao Xing cooking wine, cooking and stirring for a few seconds more.
7. Add ¾ cup #1 Sauce, cook and stir until boiling.
8. Pour 1 ½ tsp Sesame Flavored Oil around the rim of the wok, then toss until everything is coated.

Broccoli Beef

Ingredients:

1 pound flank steak, cut into thin ¼-inch slices
1/4 cup water
1/2 teaspoon salt
1/4 tsp white pepper
1/4 cup cornstarch
Vegetable oil for frying
1 pound broccoli florets
1 ½ tsp Ginger Garlic in Oil
1 ½ tsp Shao Xing (or Sherry) cooking wine
¾ cup #5 Sauce
1 ½ tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & ½ tsp sesame oil)

Instructions:

1. Place beef in a large sealable bag or freezer-safe container and mix in 1/4 cup water, 1/2 teaspoon salt, 1/4 tsp white pepper, 1/4 cup cornstarch, and 2 tablespoons vegetable oil. Let marinade in refrigerator for at least 30 minutes, or freeze.
2. Begin bringing a pot of water to a boil.
3. Fill wok or pan with enough vegetable oil for the beef to be swimming in (amount varies based on wok size) and heat oil to 275° over moderately high heat.
4. Cook 8 oz of the marinated beef in the oil for 45 seconds or until internal temperature reaches 165°, then remove beef to a plate or colander.
5. Boil 1 pound of broccoli for 10 seconds until just tender, then drain.
6. Drain oil from wok, leaving 2 tbsp, then cook 1 ½ tsp Ginger Garlic in Oil until fragrant (a few seconds).
7. Add beef back to wok, then cook and stir while adding 1 ½ tsp Shao Xing cooking wine.
8. Add ¾ cup #5 Sauce, cooking and stirring to bring to a boil.
9. Add drained broccoli to the mixture and stir.
10. Pour 1 ½ tsp Sesame Flavored Oil around the rim of the wok, then toss until everything is coated.

Chow Mein

Ingredients:

4 tbsp vegetable oil

4 cups shredded cabbage

⅓ cup chopped celery

⅓ cup onion, thinly sliced

1 pound chow mein/lo mein noodles (packaging name may vary, but as long as they're thick and yellow, you should be good)

1 tsp Shao Xing (or Sherry) cooking wine

3 tbsp Basic Sauce

1 tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & ½ tsp sesame oil)

Instructions:

1. Cook noodles according to package directions. Drain noodles into a colander and rinse with cold water to stop the cooking process, then pat noodles dry.
2. In a large wok or pan, heat 4 tbsp vegetable oil over moderately high heat.
3. Cook 4 cups shredded cabbage, ⅓ cup chopped celery, and ⅓ cup sliced onion until cabbage begins to wilt. Note: if you are using a normal 10-inch skillet, reduce to 2 cups of cabbage as this is a LOT of food to fit in one skillet.
4. Pour in the cooked noodles and mix well.
5. Add in 1 tsp Shao Xing cooking wine, 3 tbsp Basic Sauce (or more to taste), then 1 tsp Sesame Flavored Oil around the rim of the wok.
6. Cook and stir until noodles are steaming hot (165°).

Crispy Almond Chicken Breast

Ingredients:

For the chicken:

1.5 pounds boneless skinless chicken breast, cut into 1.5-inch pieces
2 eggs
1 cup flour
½ cup cornstarch
1 tsp salt
Vegetable oil for frying
1 ½ tsp minced garlic
¼ cup scallion whites, chopped into ¼-inch pieces
⅓ cup sliced roasted almonds

#3 Sauce:

2 tbsp cornstarch
½ cup sugar
¼ cup 1 tbsp water
½ cup Basic Sauce
½ cup vinegar

Crispy Almond Chicken Sauce:

¼ cup #1 Sauce
1 cup #3 Sauce
2 tbsp sugar
¼ tsp Veggie Soup Base

Instructions:

1. In a medium bowl, mix 1 cup flour, ½ cup cornstarch, and 1 tsp salt.
2. In another bowl, beat 2 eggs.
3. Dredge chicken pieces in flour mixture, then eggs, then flour mixture again.
4. Fry the chicken pieces in vegetable oil at 350° for 3-4 minutes until internal temperature reaches at least 165°. Drop them in one at a time so they do not stick together.
5. Let the chicken cool down to about room temperature, then place in a freezer-safe container and freeze overnight. Note: this adds more crunch.
6. Create Crispy Almond Chicken Sauce by whisking together ¼ cup #1 Sauce, 1 cup #3 Sauce, 2 tbsp sugar, and ¼ tsp Veggie Soup Base.
7. After freezing, refry chicken in vegetable oil at 350° for 5-6 minutes until internal temperature is around 180°.
8. In a wok or pan over moderately high heat, heat 1 tbsp vegetable oil and cook the ¼ cup scallion whites and 1 ½ tsp minced garlic until fragrant (a few seconds).
9. Add ¾ cup Crispy Almond Chicken Sauce into the wok and heat to boiling.
10. Add the chicken into the sauce and toss until fully coated.
11. Turn off the heat, then add in ⅓ cup sliced almonds and toss until almonds are evenly distributed.

Fried Rice

Ingredients:

2 cups long grain white rice

2 cups water

1 tbsp Basic Sauce

1 ½ tsp salt

¼ tsp Veggie Soup Base

2 ½ tbsp vegetable oil

3 tbsp liquid egg

¼ cup frozen carrots and peas

2 ½ tbsp green scallion stalks, cut into ⅛-inch pieces

½ tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & ½ tsp sesame oil)

Instructions:

1. Place a sieve in a bowl, then pour 2 cups white rice into the sieve. Run the rice under water until the bowl is full, then massage the rice with your hands, then empty the water. Repeat 3 times.
2. In a 3 quart pot, add in 2 cups white rice & 2 cups water. Stir in 1 tbsp Basic Sauce, 1 ½ tsp salt, and ¼ tsp Veggie Soup Base.
3. Heat water uncovered to boiling, then reduce heat to low, put a cover on the pot, and simmer for 45 minutes.
4. Once rice has finished, heat 2 ½ tbsp vegetable oil in a wok or pan over moderately high heat and cook 3 tbsp liquid egg until the egg has solidified and becomes fluffy.
5. Scoop out the cooked rice into the wok, then mix in the ¼ cup frozen carrots & peas and 2 ½ tbsp green scallion stalks.
6. Break up any clumps in the rice while mixing and cooking the rice and veggies. Keep the rice moving to avoid burning.
7. Pour ½ tsp Sesame Flavored Oil around the rim of the wok, then cook and stir until rice is steaming hot (165°).

Honey Sesame Chicken Breast

Ingredients:

1 pound boneless skinless chicken breast, cut into 1-inch strips	4 oz cut string beans
2 large eggs	¼ tsp lemon juice
1 ½ tsp salt	1 ¾ tsp Ginger Garlic in Oil
½ tsp white pepper	¼ cup sugar
1 cup 1 tsp cornstarch	1 tbsp organic honey
½ cup flour	1 tsp white vinegar
Vegetable oil for frying	¼ tsp xanthan gum
1 ½ tsp sesame seeds	1 ½ tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & ½ tsp sesame oil)
3 oz diagonally sliced yellow bell peppers	¼ tsp Chili Flakes in Oil

Instructions:

1. Whisk the 2 eggs, 1 tsp salt, ¼ tsp white pepper and 2 tbsp vegetable oil together in a medium bowl.
2. In a second bowl, mix together 1 cup cornstarch and ½ cup flour.
3. Dip the chicken pieces into the egg, then completely coat in the flour mixture.
4. Fry the chicken pieces in 350° vegetable oil for 3-4 minutes until internal temperature reaches 165°. Drop them in one at a time so they do not stick together.
5. Let chicken cool down to about room temperature, then freeze in a freezer-safe container overnight. Note: this adds more crunch.
6. In a small sauce container, mix ½ cup water, ¼ cup sugar, 1 tbsp organic honey, 1 tsp white vinegar, 1 tsp cornstarch, 1 tsp vegetable oil, ½ tsp salt, ¼ tsp white pepper, ¼ tsp xanthan gum, ¼ tsp lemon juice, ¼ tsp Ginger Garlic in Oil, and ¼ tsp Chili Flakes in Oil.
7. Refry frozen chicken in 350° oil for 2-3 minutes or until internal temperature is around 180°. In the last 15 seconds of frying, add in the 4 oz cut strings beans, and in the last 5 seconds of frying, add in the 3 oz diced yellow bell peppers.
8. In a wok or pan over moderately high heat, heat 1 tbsp of vegetable oil and cook 1 ½ tsp Ginger Garlic in Oil until fragrant (a few seconds).
9. Pour all (¾ cup) of the sauce mixture into the wok and heat to boiling to thicken, then turn off the heat.
10. Add in the chicken and vegetable mixture, then pour 1 ½ tsp Sesame Flavored Oil around the rim of the wok. Toss until mixture is fully coated then garnish with 1 ½ tsp sesame seeds.

Honey Walnut Shrimp

Ingredients:

For the shrimp:

1 pound raw large shrimp, peeled and deveined
1 cup cornstarch
2 egg whites
1 cup all-purpose flour
 $\frac{2}{3}$ cup cold water
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp sugar
Vegetable oil for frying

Honey Walnut Sauce:

$\frac{1}{2}$ cup mayonnaise
 $\frac{1}{3}$ cup sugar
 $\frac{1}{4}$ cup evaporated milk
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp honey
 $\frac{1}{2}$ tsp cornstarch
 $\frac{1}{4}$ tsp xanthan gum
 $\frac{1}{4}$ tsp ground mustard
 $\frac{1}{4}$ tsp garlic powder
 $\frac{1}{4}$ tsp paprika
5-7 drops yellow food coloring

Glazed Walnuts:

$\frac{1}{2}$ cup walnut pieces
3 tbsp sugar
1 $\frac{1}{2}$ tsp corn syrup
1 tbsp 1 tsp vegetable oil
 $\frac{1}{2}$ tsp salt
 $\frac{1}{8}$ tsp vanilla extract
 $\frac{1}{8}$ tsp cinnamon

Instructions:

1. In a mixing bowl, whisk 2 egg whites until frothy, then whisk in 1 cup all-purpose flour, $\frac{2}{3}$ cup cold water, $\frac{1}{2}$ tsp salt, and $\frac{1}{4}$ tsp sugar until batter is mixed.
2. Dredge raw shrimp in the 1 cup cornstarch until fully coated, then in the batter mixture.
3. Fry the shrimp in vegetable oil at 350° for 1-2 minutes until internal temperature reaches at least 145°. Drop them in one at a time so they do not stick together.
4. Let the shrimp cool down to about room temperature, then place in a freezer-safe container and freeze overnight. Note: this adds more crunch.
5. To make the glazed walnuts, preheat oven to 325°. Mix 3 tbsp sugar, 1 $\frac{1}{2}$ tsp corn syrup, and 1 tbsp, 1 tsp vegetable oil in a saucepan over low heat. Once the mixture boils and the sugars dissolve (around 238°), remove from heat and mix in the $\frac{1}{2}$ cup walnut pieces, $\frac{1}{8}$ tsp vanilla extract, and $\frac{1}{8}$ tsp cinnamon. Alternatively, use store-bought glazed walnuts.
6. Line a baking sheet with parchment paper and lay the walnuts on the parchment paper, taking care to distribute them evenly so there are no clumps. Bake at 325° for 15 minutes, gently stirring the walnuts every 5 minutes. Remove walnuts from the oven and let them sit out to cool.
7. After freezing, refry shrimp in vegetable oil at 350° for 3 minutes until internal temperature is around 165°.
8. Pour $\frac{1}{2}$ cup of thoroughly whisked Honey Walnut Sauce into a wok or pan and toss the shrimp until fully coated.
9. Top shrimp with $\frac{1}{3}$ cup glazed walnuts.

Kung Pao Chicken

Ingredients:

1 pound boneless skinless chicken thighs, diced into 1/2-inch pieces	8 dried red thai chilis
1/4 cup water	1 1/2 tsp Ginger Garlic in Oil
1/2 teaspoon salt	1 tsp Chili Flakes in Oil
1/4 tsp white pepper	1 1/2 tsp Shao Xing (or Sherry) cooking wine
1/4 cup cornstarch	3/4 cup #1 Sauce
Vegetable oil for frying	1 1/2 tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & 1/2 tsp sesame oil)
3 oz red bell pepper, diced into 3/4-inch pieces	1/3 cup unsalted, dry roasted peanuts
6 oz zucchini, diced into 3/4-inch pieces	
1/4 cup scallion whites, chopped into 1/4-inch pieces	

Instructions:

1. Place diced chicken in a large sealable bag or freezer-safe container and mix in 1/4 cup water, 1/2 teaspoon salt, 1/4 tsp white pepper, 1/4 cup cornstarch, and 2 tablespoons vegetable oil. Let marinade in refrigerator for at least 30 minutes, or freeze.
2. Fill wok or pan with enough vegetable oil for the chicken to be swimming in (amount varies based on wok size) and heat oil to 275° over moderately high heat.
3. Begin bringing a pot of water to a boil.
4. Cook 1 pound of the marinated chicken in the oil for 1 minute or until internal temperature reaches 165°, then remove chicken to a plate or colander.
5. Drain oil from wok, leaving 2 tbsp, then cook 8 red thai chilis until they start to darken. Add in 1/4 cup scallion whites to slow the cooking of the chiles. Note: it is at this point you may want to turn off the heat and just use the residual heat of the wok for the next few steps.
6. Add in 1 1/2 tsp Ginger Garlic in Oil and 1 tsp Chili Flakes in Oil and cook until fragrant (a few seconds).
7. Add the chicken back into the wok, then add 1 1/2 Shao Xing cooking wine, cooking and stirring for a few seconds.
8. Boil the 3 oz red bell pepper and 6 oz zucchini for 10 seconds, then drain of water.
9. Pour 3/4 cup #1 Sauce into the wok and heat to boiling to thicken, then throw in the red bell pepper and zucchini.
10. Pour 1 1/2 tsp Sesame Flavored Oil around the rim of the wok and stir. Add 1/3 cup peanuts and toss.

Mushroom Chicken

Ingredients:

1 pound boneless skinless chicken thighs, diced into ½-inch pieces
1/4 cup water
1/2 teaspoon salt
1/4 tsp white pepper
1/4 cup cornstarch
Vegetable oil for frying
5 oz sliced zucchini halves
5 oz sliced white mushrooms
1 ½ tsp Ginger Garlic in Oil
1 ½ tsp Shao Xing (or Sherry) cooking wine
½ cup #5 Sauce
1 ½ tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & ½ tsp sesame oil)

Instructions:

1. Place diced chicken in a large sealable bag or freezer-safe container and mix in 1/4 cup water, 1/2 teaspoon salt, 1/4 tsp white pepper, 1/4 cup cornstarch, and 2 tablespoons vegetable oil. Let marinade in refrigerator for at least 30 minutes, or freeze.
2. Fill wok or pan with enough vegetable oil for the chicken to be swimming in (amount varies based on wok size) and heat oil to 275° over moderately high heat.
3. Begin bringing a pot of water to a boil.
4. Cook 12 oz of the marinated chicken in the oil for 1 minute or until internal temperature reaches 165°, then remove chicken to a plate or colander.
5. Drain oil from the wok, leaving 2 tbsp, then add in 1 ½ tsp Ginger Garlic in Oil and 5 oz sliced white mushrooms. Cook the mushrooms in the garlic until they begin to char. Meanwhile, boil the 5 oz sliced zucchini for 10 seconds then drain.
6. Add the chicken back to the wok, then add 1 ½ tsp Shao Xing cooking wine, cooking and stirring for a few seconds.
7. Pour ½ cup #5 Sauce into the wok and heat to boiling to thicken, then add in the boiled zucchini.
8. Pour 1 ½ tsp Sesame Flavored Oil around the rim of the wok, then toss until everything is fully coated.

Orange Chicken

Ingredients:

1 pound boneless skinless chicken thighs, cut into 1-inch pieces

1 egg

½ tbsp salt

½ tsp white pepper

Vegetable oil for frying

½ cup cornstarch

1 ½ cups all-purpose flour

⅔ cup #2 Sauce

½ tsp Ginger Garlic in Oil

½ tsp Chili Flakes in Oil

½ tsp Shao Xing (or Sherry) cooking wine

½ tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & ½ tsp sesame oil)

Instructions:

1. In a mixing bowl, mix ½ tbsp salt, ½ tsp white pepper, ½ cup cornstarch, 1 ½ cups all-purpose flour, 1 egg, 1 ¼ cups water, and 1 tbsp vegetable oil.
2. Place the 1 pound of chicken pieces into the batter and refrigerate for 30 minutes.
3. Fry the chicken pieces in vegetable oil at 350° for 2-3 minutes until internal temperature reaches at least 165°. Drop them in one at a time so they do not stick together.
4. Let the chicken cool down to about room temperature, then place in a freezer-safe container and freeze overnight. Note: this adds more crunch.
5. After freezing, refry chicken in vegetable oil at 350° for 4-5 minutes until internal temperature is around 180°.
6. In a wok or pan, heat 1 tbsp vegetable oil over moderately high heat and cook ½ tsp Ginger Garlic in Oil, ½ tsp Chili Flakes in Oil, and ½ tsp Shao Xing cooking wine until fragrant (a few seconds).
7. Heat ⅔ cup #2 Sauce to boiling to thicken sauce, then add in chicken. Note: you may have to split this into batches if your wok is too small.
8. Toss chicken until fully coated, then pour ½ tsp Sesame Flavored Oil around the rim of the wok, then toss a few times more.

Shanghai Angus Steak

Ingredients:

1 pound Angus sirloin steak, diced into 1/2-inch pieces
1/4 cup water
1/4 cup cornstarch
2 tbsp beef stock
1/2 tsp salt
3 oz trimmed string beans
2 oz yellow onion, diced into 1/2-inch pieces
2 oz red bell pepper, diced into 3/4-inch pieces
2 oz sliced white mushrooms
2 tbsp Basic Sauce
3 tbsp water
2 tsp cornstarch
2 tbsp Panda Express Sweetfire Sauce (found at Walmart)
Vegetable oil for frying

Instructions:

1. Place diced steak in a large sealable bag or freezer-safe container and mix in 1/4 cup water, 1/2 teaspoon salt, 1/4 cup cornstarch, and 2 tablespoons beef stock. Let marinade in refrigerator for at least 30 minutes, or freeze.
2. To make the Shanghai sauce, mix together 2 tbsp Basic Sauce, 3 tbsp water, 2 tsp cornstarch, and 2 tbsp Panda Express Sweetfire Sauce.
3. Fill wok or pan with enough vegetable oil for the steak to be swimming in (amount varies based on wok size) and heat oil to 325° over moderately high heat.
4. Cook 12 oz of the marinated steak in the oil for 1 minute or until internal temperature reaches 165°, then remove steak to a plate or colander.
5. Fry 3 oz trimmed string beans in 350° oil for 15 seconds. Rinse off any excess oil.
6. Drain oil from the wok, leaving 2 tbsp, then add in 2 oz diced onions, 2 oz red bell pepper, and 2 oz sliced white mushrooms, stirring and cooking for 10 seconds.
7. Add the steak back to the wok, then add 1/4 cup of the Shanghai sauce mixture. Heat sauce to boiling until completely thickened.
8. Add the string beans back to the wok, then toss until everything is fully coated.

Super Greens

Ingredients:

8 oz broccoli florets

4 oz kale

10 oz chopped cabbage

¼ cup #4 Sauce

1 ½ tsp minced garlic

1 tbsp vegetable oil

Instructions:

1. Heat a large pot of water to boiling.
2. Into the boiling water, add 8 oz broccoli florets.
3. While the water is coming back to a boil, measure out the 4 oz kale and 10 oz chopped cabbage together.
4. Add the kale and cabbage mixture into the boiling water. Boil for 10 seconds, then drain water.
5. In a wok or pan, heat 1 tbsp vegetable oil over moderately high heat.
6. Cook 1 ½ tsp minced garlic in the oil until fragrant (a few seconds).
7. Add in ¼ cup #4 Sauce and heat sauce to boiling to thicken.
8. Add in the vegetable mixture and toss until fully coated.

String Bean Chicken Breast

Ingredients:

1 pound boneless skinless chicken breast, cut into thin 1/2-inch slices
1/4 cup water
1/2 teaspoon salt
1/4 tsp white pepper
1/4 cup cornstarch
Vegetable oil for frying
2 oz yellow onion, diced into 1/2-inch pieces
8 oz trimmed string beans
1 1/2 tsp Ginger Garlic in Oil
1 1/2 tsp Shao Xing (or Sherry) cooking wine
1 1/2 tsp Sesame Flavored Oil (mix 1 tsp vegetable oil & 1/2 tsp sesame oil)
1/2 cup #5 Sauce

Instructions:

1. Place sliced chicken in a large sealable bag or freezer-safe container and mix in 1/4 cup water, 1/2 teaspoon salt, 1/4 tsp white pepper, 1/4 cup cornstarch, and 2 tablespoons vegetable oil. Let marinate in refrigerator for at least 30 minutes, or freeze.
2. Fill wok or pan with enough vegetable oil for the chicken to be swimming in (amount varies based on wok size) and heat oil to 275° over moderately high heat.
3. Cook 8 oz of the marinated chicken in the oil for 1 minute or until internal temperature reaches 165°, then remove chicken to a plate or colander.
4. Fry 8 oz trimmed string beans in 350° oil for 15 seconds. Rinse off any excess oil.
5. Drain oil from the wok, leaving 2 tbsp, then add in 1 1/2 tsp Ginger Garlic in Oil and 2 oz diced yellow onion. Cook the onion in the garlic for 10 seconds.
6. Add the chicken back to the wok, then add 1 1/2 tsp Shao Xing cooking wine, cooking and stirring for a few seconds.
7. Pour 1/2 cup #5 Sauce into the wok and heat to boiling to thicken, then add in the fried string beans.
8. Pour 1 1/2 tsp Sesame Flavored Oil around the rim of the wok, then toss until everything is fully coated.

Sweetfire Chicken Breast

Ingredients:

1 pound boneless skinless chicken breast, cut into 1-inch pieces

2 eggs

1 cup flour

½ cup cornstarch

1 tsp salt

Vegetable oil for frying

6 oz canned pineapple chunks, drained

3 oz yellow onion, diced into ½-inch pieces

3 oz diced red bell pepper, cut into ¾-inch pieces

¾ cup Panda Express Sweet Chili Sauce (found at Walmart)

Instructions:

1. In a medium bowl, mix 1 cup flour, ½ cup cornstarch, and 1 tsp salt.
2. In another bowl, beat 2 eggs.
3. Dredge chicken pieces in flour mixture, then eggs, then flour mixture again.
4. Fry the chicken pieces in vegetable oil at 350° for 3-4 minutes until internal temperature reaches at least 165°. Drop them in one at a time so they do not stick together.
5. Let the chicken cool down to about room temperature, then place in a freezer-safe container and freeze overnight. Note: this adds more crunch.
6. After freezing, refry chicken in vegetable oil at 350° for 5-6 minutes until internal temperature is around 180°. In the last 5 seconds of frying, add in the 3 oz diced yellow onion and 3 oz diced red bell pepper.
7. In a wok or pan over moderately high heat, heat 1 tbsp vegetable oil and cook the 6 oz pineapple chunks for 10 seconds.
8. Add ¾ cup Panda Express Sweet Chili Sauce into the wok and heat to boiling.
9. Add the chicken and vegetable mixture into the sauce and toss until fully coated.

Teriyaki Chicken

Ingredients:

1 pound boneless skinless chicken thighs
2 cups water
1 cup sugar
 $\frac{3}{4}$ cup Basic Sauce
2 tsp Ginger Garlic in Oil
2 tsp lemon juice
2 tsp Sesame Flavored Oil (mix 2 tsp vegetable oil & 1 tsp sesame oil)

Instructions:

1. In a large plastic bag or container, mix together 2 cups water, 1 cup sugar, $\frac{3}{4}$ cup Basic Sauce, 2 tsp Ginger Garlic in Oil, 2 tsp lemon juice, and 2 tsp Sesame Flavored Oil.
2. Place 1 pound boneless skinless chicken thighs into the bag and let marinade in the refrigerator for at least 1 hour, but preferably overnight.
3. In a pan or on a grill over medium high heat, cook chicken thighs for 3-4 minutes on each side until internal temperature reaches 165°.
4. If you want teriyaki sauce for serving, create a new batch of the marinade sauce from the first step in a wok or saucepan. Heat to boiling, whisking in 1 tbsp of cornstarch at a time until sauce reaches desired thickness. Note: you can also use the leftover marinade from the first step, but be sure to heat to boiling (at least 165°) to kill any bacteria from the raw chicken.

Wok-Fired Shrimp

Ingredients:

1 pound raw shrimp, peeled and deveined
1/4 cup water
1/2 teaspoon salt
1/4 tsp white pepper
1/4 cup cornstarch
Vegetable oil for frying
2 oz yellow onion, diced into 1/2-inch pieces
2 oz red bell pepper, diced into 3/4-inch pieces
4 oz sugar snap peas, ends trimmed
1/2 cup Wok-Fired Shrimp Sauce

Wok-Fired Shrimp Sauce:

1/4 cup sugar
1/4 cup soy sauce
3 tbsp water
1/4 cup vinegar
1 tsp minced garlic
1 tsp red pepper flakes
1 tsp cornstarch
1/2 tsp paprika
1/2 tsp MSG
1/2 tsp salt
1/8 tsp xanthan gum

Instructions:

1. Place peeled raw shrimp in a large sealable bag or freezer-safe container and mix in 1/4 cup water, 1/2 teaspoon salt, 1/4 tsp white pepper, 1/4 cup cornstarch, and 2 tablespoons vegetable oil. Let marinade in refrigerator for at least 30 minutes, or freeze.
2. Fill wok or pan with enough vegetable oil for the chicken to be swimming in (amount varies based on wok size) and heat oil to 275° over moderately high heat.
3. Cook 12 oz of the marinated shrimp in the oil for 1.5 minutes or until internal temperature reaches 165°, then remove shrimp to a plate or colander.
4. Drain oil from the wok, leaving 2 tbsp, then add in 2 oz diced red bell pepper, 2 oz diced yellow onion, and 4 oz sugar snap peas. Cook over moderately high heat for 15 seconds.
5. Add the shrimp back to the wok, then pour 1/2 cup Wok-Fired Shrimp Sauce into the wok and heat to boiling to thicken.
6. Toss until everything is fully coated.



Questions or Feedback?

The spirit of this FREE cookbook is to replicate your favorite Chinese takeout recipes as closely as possible based on 2 criteria. First, only use ingredients found in-store on ingredient labels, and second, for convenience, all ingredients used must be available at the average supermarket, such as Walmart. The only absolute exception to this being noodles for chow mein as that's more of a niche item typically found at an Asian market (Shao Xing wine is another niche item, but easily substitutable).

Message me at <https://old.reddit.com/user/redgroupclan/> or email me at redgroupclan@gmail.com if you have any questions or feedback regarding this cookbook. These recipes are not 100% taste-accurate so if you have any tips to make them more taste-accurate, feel free to message me! This cookbook will stay up as a live Google doc and will be updated per any feedback given.